

AGN. NO.

MOTION BY SUPERVISOR MARK RIDLEY-THOMAS

JULY 29, 2014

Proclaim August as “Know Your Digits” Month in Los Angeles County

Hypertension has plagued the County of Los Angeles (County) for many years. African Americans and Latinos, in particular, experience extremely high rates of blood pressure, yet many are not aware of this fact because there are rarely any symptoms, causing it to be nicknamed the “Silent Killer”. The prevalence of this disease is notably higher in African Americans; half of all African American men and women in the County have high blood pressure, yet many do not know how to seek treatment to effectively manage and control the disease. When uncontrolled, chronic high blood pressure can lead to vision problems, heart attacks, strokes, and kidney and cardiovascular disease. Therefore, it is crucial to raise awareness on the importance of managing and preventing high blood pressure.

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MOTION

MOLINA _____

RIDLEY-THOMAS _____

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KNABE _____

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According to the County's Health Survey in 2011:

- 24% of County residents had been diagnosed with hypertension;
- 28-30% of residents in the Second District alone have been diagnosed with this chronic illness; and
- 20% of women and 17% of men in the County have uncontrolled high blood pressure and the number is rising.

An individual's diagnosis of hypertension is usually made by a doctor only after taking careful measurements during 3 separate visits. Therefore, it is imperative for County residents to get annual check-ups by visiting the doctor's office. Individuals should also be encouraged to take charge of their health by monitoring their own blood pressure between doctor visits.

This year, Community Health Councils is sponsoring the "Know Your Digits! Be In Control" campaign. The campaign encourages the Los Angeles community to seek screening and hypertension management. It also aims to motivate those who are uninsured to learn about their healthcare options. This organization is partnering with the American Heart Association, Los Angeles Public Library, County of Los Angeles Public Library, Northgate González Markets, Everest College and Los Angeles County Department of Public Health to provide free blood pressure screenings at events throughout the community.

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I THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

Proclaim August 2014 as “Know Your Digits” month in the County of Los Angeles and encourage all residents in Los Angeles County to get screened for high blood pressure.

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